



TOBY

With a rehabilitation-focused, evidence-based background, Toby delivers precise, purposeful coaching that helps clients train safely around injuries or limitations while still making meaningful progress. Specialising in strength, muscle gain, mobility, and everyday function, his sessions emphasise proper intensity, technique, and the right stimulus without unnecessary wear and tear - building not just results, but the knowledge and confidence to train effectively long term in a positive, structured, and supportive environment.

Qualifications and expertise

- Level 3 Personal Training
- Rehabilitation and Strength
- Technique
- Mobility



GEORGIA

As a Pilates instructor and personal trainer, Georgia helps clients build intelligent strength, mobility, and embodied confidence through purposeful, alignment-focused movement. Her personalised programmes balance precision and flow, supporting goals ranging from injury recovery and improved posture to deeper core strength and sports performance, all delivered with an empowering, encouraging teaching style that prioritises sustainable progress, long-term results, and a more confident connection to your body.

Qualifications and expertise

- Level 3 Diploma in Instructing Pilates Matwork
- Virgin Active Academy Reformer Pilates Certification
- Functional Strength & Conditioning
- Postural Alignment & Movement Mechanics
- Injury-Aware & Rehabilitation Training



HANNAH

Hannah believes training should be effective, supportive, and genuinely enjoyable, delivering high-energy, motivating sessions that help clients feel stronger, more confident, and proud of what their bodies can do. Expect hard work, plenty of encouragement, and an atmosphere where effort is celebrated and showing up already counts as a win.

Qualifications and expertise

- Level 3 Personal Training
- Strength and conditioning training
- Body composition
- Fat loss



ELLIE

With a background as a professionally trained dancer, fitness has been central to Ellie's life for many years, giving her a strong understanding of movement, strength, and body awareness.

Her high-energy, motivating sessions focus on sustainable training and lifelong habits rather than quick fixes, using a non-restrictive approach that supports long-term health, and leaves clients feeling strong and confident.

Qualifications and expertise

- Level 3 Personal Training
- Certificate in Kettlebell Training
- Certificate in Studio Cycling
- Resistance Training
- Body Composition
- Sustainable Habit Building



RHYS

With over six years of coaching experience, Rhys delivers strength and conditioning-focused training that helps clients build confidence, improve performance, and achieve lasting results. Known for his patient, approachable coaching style, he creates a supportive environment where clients feel comfortable learning, developing, and challenging themselves at their own pace.

With experience across strength training, conditioning, HYROX, calisthenics, and competitive fitness, Rhys works with everyone from first-time gym-goers to those looking to take their training and performance to the next level.

Qualifications and expertise

- Level 3 Personal Training
- Strength and Conditioning
- Exercise Technique and Movement Quality
- Strength Development
- Beginner Gym Coaching



LISA

With over two decades of experience as a personal trainer and Pilates instructor, Lisa has developed a deep understanding of how to build strength and body awareness. She specialises in posture, core stability and functional movement, working with clients across the full spectrum, from rehab to advanced strength and power

Drawing on her strength and conditioning knowledge alongside Pilates principles, Lisa builds programmes that correct imbalances, improve mobility and deliver lasting results in a precise, supportive environment.

Qualifications and expertise

- BSc in Sport Studies and Leisure Studies
- Level 3 Personal Training
- Stott Pilates Advanced Reformer
- YMCA Pre & Post Natal Gym
- EXOS (fitness and sports performance)
 - Plyometrics and Medicine Ball
- Mike Boyle Certified Functional Strength Coach